

# Commonwealth of Kentucky Personnel Cabinet

Wellness Programs  
Presentation to the Blue Ribbon Panel  
June 28, 2005



# Wellness

- The Commonwealth requested information from vendors for the 2005 Plan Year regarding the Wellness initiatives they offered.
- The following information is provided from each of our current vendor's responses for the 2005 Plan Year.
- For 2006, we have not received the responses and because the RFP is currently "open", we can only list the 2006 RFP questions.

# Health Risk Assessments

	Anthem	Bluegrass Family Health	CHA Health	United Healthcare
Are Health Risk Assessments (HRAs) Available?	Yes	Yes	Yes	Yes
Available Printed or Online	Both	Both	Both	Online
Do members receive additional information based on HRA?	An individual report is provided and provides web links for educational information. Directs members to current Disease Management Programs	An individual report identifies risk factors and informs members of opportunities that can be implemented to improve their overall health	Tailored and targeted feedback is received. A letter, physician report and graph report that tracks progress is sent to each member completing the HRA.	Participants who meet predetermined criteria for risk can be invited to participate in the "NextSteps" program

# Specific Material Available

	Anthem	Bluegrass Family Health	CHA Health	United Healthcare
Health and Wellness	Yes	Yes	Yes	Yes
Information on Preventive Care	Yes	Yes	Yes	Yes
Information on Physical Fitness	Yes	Yes	Yes	Yes
Menu planner recipes	Yes	Yes	Yes	Yes
Menu recipes tailored to specific conditions	Yes	Yes	Yes	Yes
Diagnosis specific information	Yes	Yes	Yes	Yes
Procedure specific information	Yes	As of 3 <sup>rd</sup> Qtr, 2004	Yes	Yes
Sample questions to ask providers	Yes	Yes	Yes	Did not provide information

# Additional Information Provided

- Anthem
  - MyHealth @Anthem
    - Professionally produced health information service
    - Offers:
      - health news, updated daily
      - Searchable library on health and wellness topics
      - Features that inform and educate, promote healthy lifestyles and provide interactive tools that help users evaluate and monitor overall health.
    - Received recognition and accreditation from the Health on the Net Foundation

# Additional Information (cont.)

- Anthem (continued)
  - SpecialOffers@Anthem
    - Comprehensive assembly of discounted health and wellness products from nation's leading retailers.
    - Enhances members' existing benefits by:
      - Making available health merchandise for hearing, vision, dentistry, maternity, nutrition, fitness, weight management and smoking cessation.
      - Focuses on weight management, emphasized by an exclusive agreement with Jenny Craig, Inc.
    - Contains four wellness portals:
      - The Woman's Store – women's health and wellness needs
      - ButtOut – smoking cessation
      - Get Fit – products/services relating to fitness
      - Eat Right – centering on nutrition and weight management

# Additional Information (cont.)

- Bluegrass Family Health
  - Maternity Program
    - Provides all members that are pregnant with a brochure explaining program, a copy of the book “Planning Your Pregnancy and Birth” and are asked to complete an HRA.
    - High Risk patients are contacted by the OB Case Manager more frequently than low risk patients.
  - Infertility Program
    - Case Managers assist in administration of member’s benefit subject to the exclusions and limitations.
    - If pregnancy occurs, the member is invited to participate in “Special Delivery” program

# Additional Information (cont.)

- Bluegrass Family Health (continued)
  - Transplant Program
    - Any members that are undergoing a transplant evaluation, listed for transplantation or are post-transplant are enrolled in case management.
  - Pediatrics Program
    - Utilizes a “trigger” list of chronic or catastrophic diagnoses and conditions used to determine pediatric patients that may benefit from case management intervention.
  - End Stage Renal Disease Program
    - RN visits with patients.
    - Emphasis is on education and outcomes



# Additional Information (cont.)

- CHA Health
  - In Partnership with the KY Department for Public Health offers a smoking cessation program
    - Pays for a 90 day supply of nicotine replacement patches on a one-time basis with a \$25 co-pay for each 30 day supply
    - Members must enroll in smoking cessation program
  - Developed a process for covering weight loss medications when specified criteria are met
    - Morbidly obese members
      - Must enter Behavioral Management Program for weight loss or documentation of recent completion of such program
      - Demonstrated weight loss of at least 3% within three months
      - Therapy to continue for one year with quarterly weight status reports showing maintained or continued weight loss.

# Additional Information (cont.)

- CHA Health
  - Health Management Programs
    - Healthy Heart
      - » Treatment of Coronary Artery Disease, Hypertension, Heart Failure
    - Healthy Beginnings
      - » Pregnancy
    - Healthy Horizons
      - » Cancer Care Management
    - Healthy Airways
      - » Chronic Obstructive Pulmonary Disease
    - Diabetes Management Program
    - Healthy Reminders
      - » Notifies members of well child visits, immunizations, cancer screening, etc.

# Additional Information (cont.)

- United Healthcare
- Next Step
  - Provides risk specific program materials through printed or online access
  - Assist individuals through the process of health behavior change. Topics include
    - Weight Management, Exercise, Blood Pressure Management, Smoking Cessation, Migraines, Nutrition, Stress Management, Cholesterol Management, Back Care/Ergonomics, Congestive Heart Failure, Asthma, Coronary Heart Disease, Diabetes.

# Additional Information (cont.)

- United Healthcare (continued)
  - Reminder Programs
    - Preventive care, cancer screenings, immunizations, etc.
  - Healthy Pregnancy Program
    - Comprised of risk screening, education, case management of complicated pregnancies and clinical interventions
    - Maternity nurses are available 24/7

# 2006 Wellness/Health Promotion

- For 2006, the Commonwealth is requiring all carriers to provide the following:
  - Assessment of health status and health practices of the Plan participant and development of recommendations for health improvement
  - Educational and referral services that will educate the Plan participant on the actions he/she needs to take to improve health
  - Periodic follow-up with the Plan participant to determine if recommendations are being followed
  - Reporting to the Commonwealth of summary data plan participant compliance

# Questions for 2006 Wellness

- Can you administer and monitor a “health risk appraisal”? Can your program handle both a web based and paper health risk appraisal? Please describe.
- How are the results of health risk appraisals integrated with your disease management program?
- How are the results of health risk appraisals reported to the Commonwealth? What information is reported to the Commonwealth and how frequently?
- Do you currently administer any health risk appraisal programs where a financial incentive is provided for participations? If so, please describe your role in the program.
- Describe any educational materials you provide to members to assist them in being better consumers. Identify if the materials are web based, hard copy or both.

# Questions for 2006 Wellness

- Describe the types of wellness programs you offer.
- Do you currently administer any wellness programs that offer financial incentives for member participation? If so, please describe.
- Describe any programs dealing with wellness or consumerism you are currently developing that will be operational by 2006.
- Provide a short summary of what you would consider best practice in adding additional benefits, (e.g., employee incentive, bonuses, etc.) that would successfully improve health and lower overall costs for the plan.